

# Effects of Self-Care Implementation on Nursing Students

Research/PICO Question: In nursing students, how does implementing self-care techniques compared to focusing solely on studies affect academic performance in nursing courses?

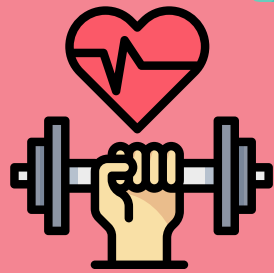
## Purpose behind our research:



Nursing students often report high levels of stress due to a heavy academic workload. We decided to see what research said about implementing self-care techniques to reduce stress levels and therefore, improve academic performance.

- Approximately 1/3 of nursing students experienced stress severe enough to cause mental illnesses such as anxiety OR depression
- Nurses and student nurses are facing problems such as burnout, exhaustion, tension, and clinical-decision making/staffing concerns

## Self-Care Techniques Studied:



- Psychiatric mental health nursing classes
- Family and friend support
- Deep breathing techniques
- Aromatherapy
- Mindfulness
- Muscle relaxation
- Yoga
- Complementary & Alternative Medicine (CAM)
- Mindful dialogue
- Massage
- Music/Art/Pet Therapy
- Hypnotherapy
- Guided imagery
- Drum circles
- The benefits of sleep
- Positive affirmations
- Healthy eating

## Key Research Findings:



- Mindfulness-based stress reduction strategies can significantly decrease levels of depression, anxiety, and stress
- Journaling can provide nursing students an opportunity to reflect on their thoughts and feelings
- Music therapy before an exam has shown to decrease anxiety levels and improve test scores
- Mindful meditation has improved mental health of nurses and nursing students...depression/anxiety/well-being/burnout were improved
- Education about self-care techniques decreased stress, anxiety, and distractedness within the clinical simulation environment
- Stress reduction improves academic performance



## Relevance to Nursing:

- If nurses can't take care of themselves, they aren't able to provide the best patient care possible
- Prevention of mental illnesses from developing
- Crucial for student nurses to learn about self-care now before stepping into the workforce
  - We can get ourselves into the habit of taking care of ourselves before burnout occurs

## Tips for nursing students:

- Find a self-care activity that works well for you to help decrease your stress levels
- Make self-care a priority to prevent burnout
- Eat and sleep well
- Address your stress
- Exercise

